

# School Inc.

A Personal Journey  
with Andrew Coulson



## Apple Recipes





# DRIED APPLES

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- Core and slice 1 apple into 1/8-inch-thick rounds.
- Arrange on an oiled baking sheet.
- Bake at 200 degrees F until dry but still soft, 2 to 3 hours.

# APPLESAUCE

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- Quarter 4 lbs apples.
- Simmer with 1 cup water, 3 tablespoons sugar and a pinch of salt, partially covered, until soft, 25 to 30 minutes.
- Pass through a food mill. Whisk in 2 tablespoons of butter.

# APPLE POPCORN BALLS

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- Make Dried Apples; chop enough to make 1/2 cup.
- Boil 1 cup brown sugar, 1/2 cup each butter and light corn syrup, and 1/4 teaspoon salt until a candy thermometer reaches 300 degrees F, about 8 minutes.
- Mix with 6 cups popcorn, 1/2 cup chopped pecans and the chopped dried apples. Transfer to a buttered pan; cool slightly, then form into balls.

# APPLE-SALMON CROSTINI

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- Mix 2 tablespoons each of creme fraiche and finely diced green apple with 1 tablespoon chopped chives.
- Spread on toasted baguette slices. Top with smoked salmon and julienned apples.

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# APPLE BUTTER

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- Cook 1/2 cup of sugar in a large skillet until deep amber.
- Add 4 cups of applesauce and 1/2 teaspoon of cinnamon; cook, stirring occasionally, until reduced by half, about 30 minutes.

# APPLE FRITTERS

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- Whisk 1/2 cup each of flour and seltzer with a pinch each of salt and apple pie spice.
- Slice 2 peeled and cored apples into 1/4-inch-thick rings.
- Dip in the batter and deep-fry in 375 degrees F oil until golden; drain on paper towels and dust with confectioners' sugar.



# CARAMEL APPLES

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- Cook 1 1/2 cups of sugar and 1/2 cup of water in a saucepan over medium heat, swirling, until golden.
- Off the heat, stir in 1/4 cup of cream and 1/4 teaspoon each of vanilla and salt.
- Transfer to a 4-cup liquid measuring cup; cool slightly. Insert wooden sticks into 4 apples and dip them in the caramel. Set on oiled parchment paper to harden.

# MULLED CIDER

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- Bring 6 cups of apple cider to a simmer with 1 cinnamon stick, 4 allspice berries, 1 star anise pod and 3 strips of lemon zest.
- To serve, add diced apples.



# APPLE CAKE

- Whisk 1 1/4 cups of flour, 3/4 cup of sugar, 1 teaspoon of baking powder and 1/2 teaspoon each of salt, baking soda, cinnamon and nutmeg.
- Shred 1 apple and squeeze dry, then whisk with 2 eggs, 1/2 cup each of vegetable oil and milk, and 1 teaspoon of vanilla.
- Fold into the flour mixture. Bake in a buttered 9-inch-round pan at 350 degrees F, 20 minutes; cool. Beat 8 ounces of cream cheese, 1/2 stick of butter, 1 cup of confectioners' sugar, 1 teaspoon each of lemon juice and vanilla, and a pinch of salt; spread on the cake.

# POTATO-APPLE PANCAKES

- Peel and shred 1 apple and 1 small russet potato; squeeze dry. Mix with 2 tablespoons of flour, 1 teaspoon of kosher salt and a pinch of nutmeg.
- Fry heaping spoonfuls in butter in a skillet over medium heat, turning, 4 minutes per side.



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# CIDER DOUGHNUTS

- Simmer 1 cup of apple cider until reduced to 1/4 cup; cool.
- Mix with 1/2 cup of grated peeled apple, 2 tablespoons of sugar, 1 egg, 1/4 teaspoon each of nutmeg and vanilla, and 2 cups of dry pancake mix.
- Roll into 1-inch balls and deep-fry in 375 degrees F oil. Drain on paper towels and roll in cinnamon sugar.

# APPLE STUFFING

- Cook 1/2 cup each of chopped onion, celery and apple and 3 tablespoons each of chopped almonds and prunes in 1/2 stick of butter until soft.
- Transfer to a large bowl and stir in 1 cup each of chicken broth and cream, 12 cups of stale bread cubes and 1 teaspoon of kosher salt.
- Transfer to a baking dish, cover and bake at 375 degrees F, 45 minutes. Uncover and bake 15 more minutes.

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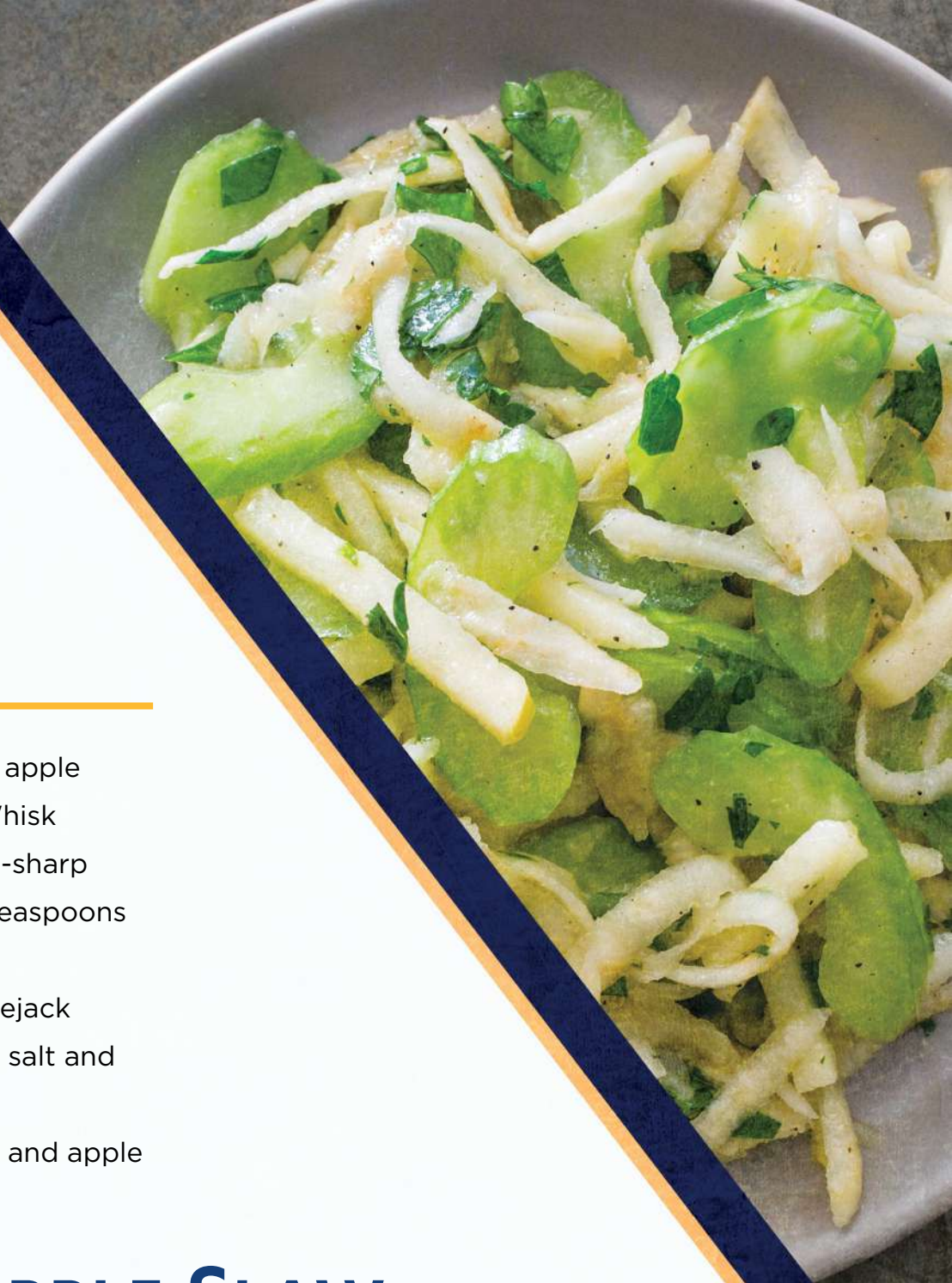


# APPLE- CHEDDAR FONDUE

- Simmer 1/8 cup each of apple cider and white wine. Whisk in 3/4 lb shredded extra-sharp cheddar tossed with 2 teaspoons cornstarch.
- Add 2 tablespoons applejack brandy and season with salt and pepper.
- Serve with cubed bread and apple slices.

# CREAMY APPLE SLAW

- Mix 2 tablespoons mayonnaise, 1 tablespoon whole-grain mustard and 2 teaspoons apple cider.
- Toss with 1 cup each grated peeled celery root and apple, and salt, pepper and parsley to taste.



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# SCHOOL LUNCHROOM CAFETERIA ROLLS

22 Servings | Prep: 15m | Cook: 12m | 282 Cals

## Ingredients:

- 3 cups warm water
- 1 tablespoon white sugar
- 2/3 cup white sugar
- 3 (.25 ounce) envelopes active dry yeast
- 1/4 cup milk
- 2 eggs
- 1 tablespoon salt
- 10 cups all-purpose flour
- 1/4 cup shortening
- 1/4 cup butter, melted

## Directions:

1. In a large bowl, mix together the warm water and 1 tablespoon sugar. Sprinkle the yeast over the top, and let it stand for about 10 minutes, until the yeast is foamy.
2. Mix the milk, eggs and salt into the yeast. Measure the flour into a separate bowl, add 2/3 cup sugar, and crumble the shortening into it using your fingers until it is barely noticeable. Gradually stir the flour into the wet ingredients. Mix using a wooden spoon until the dough pulls away from the sides of the bowl and starts to form a ball around the spoon. Cover with a hot wet towel that has been wrung out, and set in a warm place to rise until double in bulk. This should take about 45 minutes.
3. When the dough has risen, pour the melted butter over it, and knead for about 2 minutes. Let the dough rest for a few minutes, then roll out on a lightly floured surface to 1 inch thick. Use a knife to cut into 2 inch squares. Roll squares into balls, and place into greased round pans, spacing about 1 inch apart. Let rise again until doubled in size. You could also refrigerate the dough, and let it rise overnight for baking the next day.
4. Preheat the oven to 400 degrees F (200 degrees C). Bake the rolls for about 12 minutes, until golden brown.

Enjoy!



# MAKE YOUR OWN APPLE SWAN

## Items needed:

Apple, 2 butter knives (or chopsticks), sharp cutting knife, cutting board

## Steps:

1. Find a nice apple. Cut the apple using a slight diagonal cut, and be sure to cut through the center. Retrieve 2 nice seeds for later – these will be the eyes.
2. Using the side that has the bottom attached (we'll call this the base), place the base bottom side down on the cutting board. Place the butter knives on each side of the apple (bottom & top).
3. Find the center of the apple and place your knife about a 1/4" from that center on one side of the apple and cut down. The butter knives will be used as guides so you don't cut all the way through. Sliding your knife along the butter knives, cut the apple until the 2 cuts meet creating an apple wedge. Do the same thing on the other side creating another wedge. There should be about a half inch left in the center.
4. Remove the base and place one of the wedges between the knives and make 3 more wedges. With each wedge. Start cutting from the top then turn the wedge to its side and cut down again until your cut meets. Do this 2 more times to the same wedge until the 1 wedge is in 4 pieces. Now take the other wedge and do the same creating 4 wedge pieces. Stagger the wedge pieces together on each side of the base.
5. Carefully cut out a section in the center of the base for your head. Grab the other half of the apple, place in between the knives and start slicing a flat piece. A couple of slices will give you options to select.
6. Retrieve the slice that looks the most like a heart. Use 3 cuts with a knife to create the head, angle - head, horizontal - neck and slanted cut - bottom. Use your knife to round the sharp edges.
7. Take the seeds and place one on each side of the apple, where the eyes would go. Gently press them into place with the butter knife. Place the neck into the center cut out of the base.

\*Sprits with lemon juice to keep a fresh look.

